

A STUDY OF PREVALENCE OF LOW BACK PAIN AMONG WORKERS OF DUNHAM-BUSH INDUSTRIES SDN. BHD. KAJANG SELANGOR, 1998

KAJIAN PREVALENS SAKIT BELAKANG DI KALANGAN PEKERJA INDUSTRI DUNHAM-BUSH SDN BHD KAJANG SELANGOR, 1998

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ABSTRACT

A cross sectional study was conducted to determine the prevalence of low back pain and its risk factors among workers of Dunham Bush Industries Sdn. Bhd. Kajang Selangor. A total of 145 workers participated in the study by self administered questionnaire. It was found from this study that the prevalence of low back pain among workers was 42.1%. Majority of the workers who complained of low back pain were Malays 54.4%. There was a statistical difference of low back pain between Malays and non Malay workers, ($P < 0.05$). Among the workers who had low back pain a total of 42.2%, works overtime always, and a total of 45.7% works overtime sometimes. However there was no significant relationship between prevalence of low back pain and age and also length of service ($P > 0.05$). A total of 79.0% of workers who had low back pain are in the opinion that the low back pain is due to factors related to work. Components of physical disturbance such as shoulder pain, difficulty in breathing, giddiness and other musculoskeletal pain increased, compared before and after work. Time motion studies revealed that workers stand 38.4% , bend their body 34.2%, and only sits (8.3%), through out working hours. Time budget studies of workers shows, workers work about 11 hours 30 minutes per day. Tasks performed by workers that can cause low back pain were identified and suggestions to reduced and prevent were discussed.

ABSTRAK

Satu kajian irisan lintang telah dilakukan untuk mengenalpasti prevalen sakit belakang dan faktor-faktor risikonya di kalangan pekerja industri Dunham Bush. Sdn. Bhd. Kajang, Selangor. Seramai 145 orang pekerja telah mengambil bahagian dengan cara pemberian borang soal selidik. Dari kajian ini didapati prevalens sakit belakang di kalangan pekerja adalah 42.1 %. Majoriti pekerja yang sakit belakang adalah pekerja Melayu 54.4%. Terdapat perbezaan bererti antara pekerja Melayu dan bukan Melayu dengan sakit belakang ($p < 0.05$). Di kalangan pekerja yang sakit belakang, seramai 42.2% melakukan kerja berlebihan masa selalu dan seramai 45.7% kadang-kadang. Tiada hubungan bererti antara prevalens sakit belakang dengan peningkatan umur dan tempoh perkhidmatan. Seramai 79.0% pekerja yang sakit belakang berpendapat bahawa sakit belakang mereka disebabkan oleh faktor kerja. Komponen gangguan fizikal pekerja seperti bahu terasa sakit, susah bemafras, merasa pening dan sakit otot meningkat berbanding sebelum dan sesudah kerja. Hasil kajian pergerakan dan masa menunjukkan pekerja berdiri 38.4%, membongkok 34.2%, dan duduk hanya 8.33%, sepanjang tugas mereka. Basil budget masa pekerja menunjukkan pekerja bekerja selama 11 jam 30 minit sehari. Dari kajian pergerakan dan masa pekerja juga dikenalpasti aktiviti-aktiviti pekerja 1 yang boleh menyebabkan sakit belakang serta cadangan-cadangan untuk mengurangkan dan mencegah sakit belakang.